

# Be BRIGHT



## INTERNATIONAL WALK TO SCHOOL DAY

### What is International Walk to School Day?

International Walk to School Day (IWTSD) is a one-day event celebrated in more than 40 countries to build community awareness and parent support for safe routes to school. It's also a time for parents, school staff and community leaders to teach and practice safe walking skills.

An IWTSD event can be scheduled any time and often occurs during the first week of October. Events are an ideal way to teach children safe walking skills, healthy nutrition habits such as eating breakfast and sun safety. Learn when this year's IWTSD is [here](#).

### Why Host an Event?

IWTSD events help encourage a more walkable community, one school at a time. Walking to school has many benefits for children including:

- Gaining confidence, independence and safety skills
- Discovering new places
- Improving health and physical fitness
- Reducing pollution caused by driving

### Where Do I Begin?

Learn how to plan an IWTSD event and view ideas for classroom activities in the [Safe Routes to School Guidebook](#). Please refer to pages 100-116.

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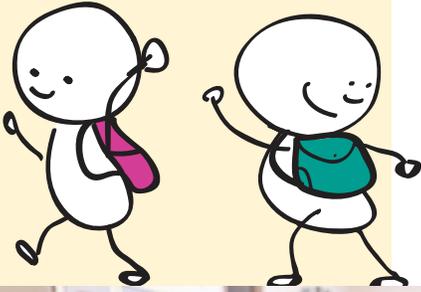
Be Bright is a regional bicycle and pedestrian safety education program funded by the Arizona Department of Transportation and Valley Metro.

The Be Bright program ends December 31, 2016.

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## Event Ideas

There are many ways to show students, families and communities that walking to school is a fun, easy way to travel. Remember to include people who use wheelchairs or other mobility aids. Consider which type of event works best for your school by following the guidance below. See even more ideas at the [National Center for Safe Routes to School](#).

### 1. Walk from home

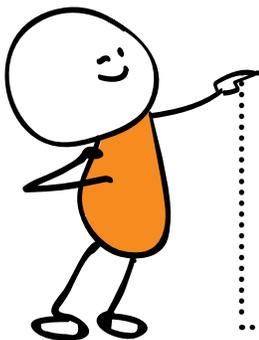
- *Great for:* students and families who live close enough to safely walk to school. For help identifying walkable routes, use the [Walkability Checklist](#).
- *How it's done:* encourage students to walk to school, joining with other neighborhood children and families to travel to school together. Walking together in a group is the essence of IWTSD events!

### 2. Designated starting points

- *Great for:* students who live too far to walk from home, or students without safe walking routes. Consider this approach to include bus riders and children with disabilities.
- *How it's done:* identify one or more meeting locations for families to meet and form groups to walk to school together.

### 3. Walk at school

- *Great for:* students who live too far to walk from home or have with limited routes for walking safely, bus riders, children with disabilities, and times when few parents or volunteers can participate.
- *How it's done:* walk at school during an assembly, recess or as part of a class activity. This option is an easy way to include every student. Walk at school events can help develop important safety skills and show participants the fun of walking.



The best advice is to be especially alert around schools no matter how you travel. Mark your calendar for International Walk to School Day on **Wednesday October 5, 2016**. Set a goal to at least try walking to school. Look for more details next month!

For more tips and additional resources, please visit [bebright.valleymetro.org](http://bebright.valleymetro.org).

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